



Beef casserole with mushrooms and potato puree (modified texture)

Ingredients (serves 1)

For the textured beef stew:

70 g beef for stew cut into cubes (buy trimmed beef, without skin or cartilage))	
30 g onion	1 sprig of thyme
20 g tomato	1 teaspoon extra virgin olive oil
15 g carrot	Agar-agar powder (1 g per 100 g final product)
15 g red pepper	Salt and pepper
30 g mushrooms	

1/2 clove of garlic	225 ml meat broth
10 ml white wine	1 bay leaf

For potato puree:

75 g potato	5 g extra virgin olive oil
Salt	

Method

- Season the meat and brown it in a frying pan with oil. Set aside.
- Peel and wash vegetables. Dice into small pieces.
- Sauté the garlic and onion in the same frying pan over low heat until caramelised.
- Add the rest of the vegetables and herbs. Stir, cover the pan, and cook until everything is well cooked.
- Add salt, pepper, cooked ground beef, and wine. Cook until it reduces and then add broth.
- Cover the pan and cook over low heat until tender.
- Once cooked, separate the meat, vegetables, and broth. Remove the herbs.
- Use an immersion blender to puree half the vegetables with a little broth until a sauce forms. Set aside.
- Weigh the other half of the vegetables, meat, and remaining broth to obtain the total weight and calculate the necessary amount of agar-agar.
- In a large bowl, lightly mash the meat and vegetables.
- Put the broth in a saucepan and add the corresponding amount of agar-agar. Bring to a boil stirring with a whisk. Add to beef mixture. Blend everything so that it is well mixed and place the mixture in a mould. Let cool in the refrigerator for at least three hours.
- Remove the mixture from the mould and cut it into strips or cubes to look like beef before stewing.
- Heat up the meat pieces in the microwave for 10-15 seconds and do the same with the puree.
- Plate the meat pieces first and pour the hot vegetable sauce on top.
- Serve the potato puree on the side.

For potato puree

- Peel and chop potato. Boil in a saucepan with plenty of water. Once cooked, drain and place in a large container with a splash of cooking water, oil, and a pinch of salt.
- Puree with an immersion blender.